

# Creative Catalyst Studio News:

★♥ **Unconditional Love Enhances Creativity!** ♥★

Volume 2, Issue 2 February 2005

## Contents:

- Marion's Musings (& techno grumbles...)
- Monthly Theme: **Unconditional Love Enhances Creativity**
  - \* Polly's Corner (NEW!)
- Opportunities to stretch your creativity
- Affirmation to ponder
- Random Acts of Service
- Events and links (plus great comic)
- Small print: copyright and getting off the list. It is our continuing commitment to inspire, not annoy. If at any time you would like to be removed from our ezine mailing list, email [marion@creativecatalysts.net](mailto:marion@creativecatalysts.net) or follow the instructions are at the bottom of this issue.

**Please forward this to anyone in your circle that you think might find it useful & inspirational. Thanks!**

## Marion's Musings:

**Snowed in again! Hasn't this year been interesting so far with Spring mixing in with Winter?** I still haven't gotten my bulbs planted & Spirit sent me another chance a week or so ago. (sigh) One of these days I'm gonna be perfect! The extreme makeover of Creative Catalyst Studio is (mostly) complete. The space is warm, welcoming & I swear it's gotten bigger! I hope that you will come check it out, either in a class or during the

★♥ **February Fine Arts Weekend Art Walk.** ♥★ The hours are a bit different to coincide with the Fine Arts Weekend hours. We are open Saturday, 2/13 from 6-10 pm & Sunday from noon – 4 pm. Glenda Miles will be back in Studio 231 with her "Wishful Stuff" plus Little Treasures Jewelry and the art of Ray Hassard, Elizabeth Armbruster, Ursula Brenner (& me!) Pat Gary will be offering Tarot Readings on Saturday evening & Diann will be offering psychic readings on Sunday. There will be lots of creative Valentine's gifts available for your enjoyment as well. **PLUS the entire complex of artists will be open - Essex Art Walks are always fascinating and an excellent opportunity to invest in both emerging & established artists' work.**

**The mission of Creative Catalysts is to increase the creative energy in Cincinnati. To make Cincinnati a safe place for us all to live creative lives. As you show your magnificence, others gain the courage to show theirs.** I encourage you to read this month's theme and consider participating in the creative opportunities we offer you. Come out to play this winter!

**An important part of my personal mission is to make Reiki healing available to as many folks as possible.** Reiki is a simple, yet elegant system of self-healing. You do not have to feel called to work on others to benefit from Reiki training for yourself. **Please consider attending the next Introduction to Usui Reiki on Wednesday February 2 or March 2, 7-9 pm** to discover what the heck is Reiki, anyway? How does it work? How would it benefit my family, pets, my friends, business or me? This informational evening will include discussion & demonstration. Everyone will have a chance to experience a brief Reiki balancing. **Fee: \$10 Reservations required, call 513/368-1994** See [www.creativecatalysts.net](http://www.creativecatalysts.net) for details about Reiki

---

## Techno Grumbings...

**If you have your email preferences set to quote the message you respond to, your message may not show up.** I use Outlook as my email program and often I can't see your message, only my own coming back to me. It may be a problem with html emails, but just to be safe, why not change your preferences NOT to quote the entire message? (This also cuts down on inbox clutter.) Yes, I know MAC users don't have these issues...

**Check your email server's "quarantine" area regularly, if you can find it.** My email server sometimes decides that emails I want to receive are Spam. Until I started checking that area regularly, I had no clue that messages were not

getting to me. (I was also surprised & happy to see how many smut and drug offers were being stopped.) So, if you can find the "quarantine" area, you might want to check it every now & then to see if messages like this ezine are being dumped there!

---

**Monthly Theme: ✨ Unconditional Love Enhances Creativity ✨**

**Today I am pondering unconditional love.** We hear about it, we say we want it, "should" feel it, and yet it remains elusive for most of us. (This essay resembles last month's issue because some points bear repeating.) **Unconditional love means opening up to compassionate detachment.** Seeing what IS, instead of living in "coulda, shoulda, woulda land." I am fat, and I deserve respect, compassion & love. I am creative, and I deserve respect, compassion & love. I am fallible, and I deserve respect, compassion & love. I am talented, and I deserve respect, compassion & love. I am HUMAN, and I deserve respect, compassion & love. One of my favorite affirmations is "I forgive myself for being human..."

**Reiki is unconditional love.** If you have never experienced a Reiki session, consider gifting yourself with one this month. Reiki fills the "big empty" so many of us feel inside. Being a Reiki practitioner has enriched my life on all levels. I would be honored to have you on my table.

**Consider the following ideas for February:**

**February can seem to be the longest, darkest month of the year, so...**

✨ **Creative** – Stretch your creativity. Allow yourself to play with any art materials you may have in your possession. Stop saving them! You can love your work & appreciate color just for itself. Sign your work & put it on your refrigerator. Send "SARKish" love notes to yourself. Send thank you notes to your friends & family. The more you can regard your creative efforts unconditionally, the more you will be able to create. Our creative, inner artist is a shy soul, so we need to tempt her with kind words (& sometimes chocolate.)

✨ **Mental** – LEARN something new this winter! Sign up for a class, attend a lecture &/or read one of those darn books you've been collecting.

✨ **Physical** – DO something with your body every day! Listen to your self-talk. Would you allow anyone to speak to your best friend or child the way you speak to yourself each day? Yelling at ourselves never works. If yelling worked, we would all be thin & rich!

✨ **Diet** – how can you express unconditional love through food? Contemplate your habitual comfort food choices. Does this still nurture you or do you simply feel stuffed & empty at the same time? To repeat: Yelling at ourselves never works. If yelling worked, we would all be thin & rich!

✨ **Spiritual** - Have you allowed yourself that mid winter retreat? February is the perfect time to contemplate these questions: What feeds your soul? Who are you when you stop running and allow yourself to be quiet? How long has it been since you stopped to hear that still, small voice of intuition & guidance? I still write morning pages – not every day, but several times a week. When I allow myself this time, my whole day goes more smoothly. Visit sacred places, both outside & inside. Notice how your surroundings feel. (The more you notice the energy of a space, the sharper this talent will become.)

**Remember, great changes begin with baby steps.** Be kind to yourself throughout this process. Most of all release the past & embrace the NOW. We all did the best we could with the information we had at the time. Assume positive intent in what you experience. You waste less energy on regrets that way. Thank you for being in my life. This work is a blessing to me. Namaste'



---

**Polly's Corner:**

**Trying to stay organized is a difficult process for a lot of people.** I want to offer you a different way of looking at it that might make it easier.

It occurred to me that the maintenance of a room or an office is a lot like the maintenance of our own bodies. If we neglect and mistreat them for any length of time, they being to get cluttered (either with extra paper or extra pounds) and they don't function very well.

Our bodies need to be fed every day. That requires a certain amount of time and effort. Our physical environment is no different. It also requires regular amounts of time and effort if it is going to function efficiently. What would your home or office look like if you spent even 15 minutes a day putting things away and going through the mail?

Just like our own health, an organized environment deteriorates slowly. It's not something we notice right away. If we eat poorly and don't get enough exercise, we begin to feel worse and worse until we get sick and can't function. If we don't tend to our home or office, it gets more and more cluttered until it doesn't function as it's supposed to.

**So what would a healthy diet of organization look like for your home or office?** Don't wait until it shuts down completely! Start now to take better care of it and you can bet that it will be in good shape for years to come, just like you!

*Polly Giblin, Passionate Advocate For Self Expression*

---

**Opportunities to STRETCH your creativity:**

## **Winter 2005 Course schedule**

All courses take place at Creative Catalyst Studio, 2515 Essex Place, # 231. Near UC / Clifton with easy access to I-71.

To register, please send deposits to Marion Corbin Mayer, Creative Catalyst Studio, P.O. Box 26194, Cincinnati, OH 45226.

Payment in full appreciated.

---

**Your *Passionate Life Purpose* is closer than you think!** Polly Giblin, facilitator

**Have you lost your passion for life?** This course will assist you to reconnect to what you are passionate about, so that you may discover your life purpose. Join us for the adventure of a lifetime as we explore what makes you unique. We will also look at how to overcome the blocks & inner conflict that may come up during this process of self-discovery & magic. Who are you waiting to become?

**Format:** 4 sessions **Thursday evenings, 7 - 9 pm February 10 – March 3** or **Tuesday afternoons, 1 - 3 pm March 8 - 2**  
\$25 per session, \$80 per series if PIF (save \$20!) Credit card billing is available. Reservations + \$25 deposit required. (Min 5 / Max 15)

---

**♥♥ How Much JOY Can You Stand? ♥♥** Polly Giblin, facilitator

Sunday, February 20, 10 - 3 pm (Bring lunch!) \$50

Are you ready to explore a different relationship with life? This is your invitation to begin the process right here, right now. The amount of Joy in your life equals your commitment to your dreams. Discover the 10 truths about creativity, why our dreams are important and enjoy a hands-on creative experience as well. Ask yourself- "How much JOY can I stand?"

**Pre-registration is required (at least 5 days before first workshop) with a \$25 deposit. (Min 5 / Max 15)**

---

**Watercolor for the Truly Terrified (& paint avoidant) Tuesday 2/22/05, 6:30-9:30 pm**

**\$40, all supplies included** Marion Corbin-Mayer, fearless guide

Do you long to paint but feel afraid to try? Come spend an evening playing around with watercolors! Fee includes all supplies necessary for a joyful good time. Remember, it's only paint & paper! Reservations plus \$20 deposit required (deposit applies to fee.)

---

**Monthly Knitting / Fiber Arts Circle**

**Monday, January 31 & February 28, 7-9 pm**

**Join us the last Monday of each month through April 05.** Bring your project and your creative questions for an evening of lively (spontaneous) discussion. **\$10**

**Pre-registration is required (Min 5 / Max 15)**

**Beginning Knitting**

**Tuesday, March 22, 6:30 - 9:30 pm \$25**

Interested in learning how to create one of those cool scarves? Join Mary Fitzpatrick for some easy to learn knitting techniques. Supply list will be emailed once you reserve your space. Reservations plus \$15 deposit required (deposit applies to fee.) **(Min 5 / Max 15)**

---

**Get Organized! Create space in your life...** Saturday, February 26<sup>th</sup>, 1-4 pm or Friday, April 8 1-4 pm

Follow up appointments schedule at your convenience.

Marion Corbin-Mayer, **Creative Catalyst** & Polly Giblin of **Messmenders** combine forces to offer you a 1-2 punch towards getting your life in order. Spend 3 hours learning the life skills to find & maintain an orderly system with Marion, then Polly will come to your home or office for 3 hours to help you make it work. (Your 3 hours may be all at once or spread out as you choose.) Additional hours with Polly may be scheduled. **When was the last time you saw the top of your dining room table? Are you ready to seriously get organized? Fee:** \$150, Reservation + \$75 deposit required. (Includes 3-hour workshop plus 3 hours of hands-on personal organizing.) Visa / MC or Discover

✧ **Living Your JOY** ✧ How to find More Time, More Money & More ENERGY to live your Dreams!

Facilitated by Marion & Polly – the JOY team!

Wednesday evenings, twice a month March 9 - May 18 7-9 pm

Using Susan Falter Barnes text and workbook, we will work together to discover what holds us back from pursuing what we are meant to be doing. **Do you have a dream? Would you like help clarifying your path and "right work?"** There is nothing like having a group to listen to your intentions and support you in your path. To purchase the book and workbook for this series, please follow this link:

<http://www.1shoppingcart.com/app/aftrack.asp?AFID=62391> - you will be sent to the How Much JOY site and any purchase you make will result in a small donation to Creative Catalyst Studio at no extra expense to you. We look forward to your participation in this exciting group of wonderful people! Take advantage of the skills of **two creative life coaches!** You may join at any time. **Consider this your "Courage Circle." You are worth this time!**

**Format: Ongoing group meeting twice monthly - 3 month suggested commitment.** \$25 per session, \$125 per series of 6 if PIF (= 1 free session.) Credit card billing is available. **Pre-registration** is required (at least 5 days before first session) with a \$25 deposit. (Min 5 / Max 15)

**Are you an entrepreneur? Is a Home-Based or small business right for you?**

Polly Giblin & Marion Corbin-Mayer Saturday, April 30<sup>th</sup>, 1-4 pm \$35

Do you long to be of service to others? Are you dreaming of being a massage therapist, Reiki practitioner or life coach? Got an idea for a product or service that you are dying to launch into reality? Being in business for yourself is both easier & harder than you may think. Spend the afternoon considering your personality type, ideal work environment, & target market. Reservations plus \$20 deposit required (deposit applies to fee.)

**Ongoing Open Studio Sessions** Mondays 9:30 am - Noon

\$10 per session or \$75 for a 10-session class card (punch as you attend!) \$80 if you use a credit card. Bring your art supplies and create in community support. Self directed with individual coaching as needed. Storage space is available in the studio for your supplies and wet paintings. **Come use your art stuff!**

Pre-registration is required for this workshop. Please email [Marion](mailto:marion@creativecatalysts.net) if you plan to attend so she can plan for you!



## Reiki Training

**Introduction to Usui Reiki** Wednesdays, February 2, March 2 Tuesday, April 5 7-9 pm \$10, **What the heck is Reiki, anyway?** How does it work? How would it benefit my family, pets, my friends, business or me? This informational evening will include discussion & demonstration. Everyone will have a chance to experience a brief Reiki balancing.

**Fee: \$10 Reservations required, call 368-1994**

See [www.creativecatalysts.net](http://www.creativecatalysts.net) for details about Reiki & complete descriptions of training courses.

**Usui Reiki Levels 1 & 2 Training** Introduction & Initiation to the First & Second degree level of this hands-on healing system.

**First Degree:** Friday, 3/18/05, 9:30 am - 4 pm

**Saturday 4/09/05, 9:30 am - 4 pm**

**Second Degree:** Saturday 3/19/05, 9:30 am - 4 pm

**Sunday, 4/10/05, 9:30 am - 4 pm**

Introduction & Initiation to the First & Second degree level of this hands-on healing system. Each class includes lecture, demonstration & practice. No experience is required for Reiki I. Learn to give treatments to self & others. **If only enrolling in Reiki II,**

**proof of Reiki I training is required, so bring your certificate!** Reiki II training includes use symbols for mental, emotional & spiritual healing as well as distance work. Japanese Reiki techniques will also be covered. Ample practice time is included in both classes. Certificates will be given each day for completion of course. Course will repeat.

Fee: Level 1 is \$125 Level 2 is \$175 (Both \$275) Visa / MC / Discover **Pre-registration with a \$50 deposit for each level is required.**

### **Reiki IIIa Personal Mastery Training**

**Saturday, February 5, 9 am – 4 pm** or **Sunday, May 1, 9 am – 4 pm**

\$225 Reservations + \$50 deposit required. Training & initiation to the third level of this healing system. Class includes lecture, demonstration & practice. Learn to remove energetic blocks from self and others with aura cleansing technique and to use crystals to create a continuous healing grid. 10 percent discount if you pre-register with full payment 10 days prior to workshop.

### **Usui Reiki Level 3b Master Teacher Training**

Sat & Sun March 12 & 13, 9 am – 4 pm or Sat & Sun June 18 & 19, 9 am - 4 pm

Final level of Usui Reiki-- learn how to initiate others into Reiki. Class includes lecture, demonstration & practice. Learn to clear beliefs with the Healing Attunement technique, plus learn & practice all levels of Reiki attunements. Fee: \$550, reservation + \$100 deposit required by February 28.

10 percent discount if you pre-register with full payment 10 days prior to workshop. Visa / MC / Discover (Payment plan also available for 3b.)

---

#### **Affirmation to Ponder:**

*My bills are paid & I still have all this money!*

Prosperity affirmations are always in season.

**Namaste'**

---

**I definitely feel called to teach / facilitate organization classes, but do NOT feel called to touch anyone's actual stuff.** That's why Polly & I make such a good team!

### *A Passionate Purpose & Messmenders*

**Polly Giblin** [aspire2@isoc.net](mailto:aspire2@isoc.net) 513-305-0401 cell

Polly is a frequent facilitator at Creative Catalyst Studio, a life coach and loves to assist people in clearing the messes in their life. She worked with me to get my home cleared and ready for sale as well. If you have a mess to clean up, Polly is your person to tackle it. (She actually touches the stuff...) **I found it helpful to stay on task with her joyful, totally non-judgmental support. Watch for the "Before & After" shots of Creative Catalyst Studio's Extreme Makeover!**

---

#### **Acts of Service Notices:**

**Horizons Massage Therapy** continues to offer some of the finest massage therapists in Cincinnati. Located just north of 275 on Montgomery Road, in the shopping center just before the Cornell Road intersection, Horizons is easy to get to & has tons of free parking. I also see Reiki clients at Horizons.

**PRINT out this \*coupon\*coupon\*coupon\*coupon\*\*coupon\*coupon\*coupon\*coupon\*\*coupon\*coupon\*coupon\*coupon\***

---

**Receive \$5 off a one-hour massage** (reg. \$55) **& \$10 off a two-hour massage** (reg. \$100) **with Joe** of Horizon's Massage Therapy. (513/469-1444, 11005 Montgomery Rd.) Friends have heard me talk about "joemassage" for years. Isn't it time to check it out? Use this coupon and **tell him Marion sent you.** I suggest you try a relaxation massage at first. He also offers Swedish massage, Trigger Point Therapy, deep tissue work & aromatherapy. If you think you would feel more comfortable working with a woman, partners Laura, Linda & Colleen do great massage as well. Call for a brochure or to book a session. **All Massage Therapists at Horizons are licensed by the state of Ohio.** 2/05

---

**\*coupon\*coupon\*coupon\*coupon\*\*coupon\*coupon\*coupon\*coupon\*\*coupon\*coupon\*coupon\*coupon\***

---

## **Oil Painting Classes for Beginners and Experienced Beginners**

with **Charlie Berger** Tuesdays 6:30 p.m. - 8:30 p.m. 3 week session begins February 1 \$89

**No drawing skills required** - See like an artist - - Learn core fundamentals - - Develop paint mixing and brush handling skills -  
Complete a painting in each class -

*Class size is limited to four students. Please call or e-mail now to reserve a spot. (Tell him Marion sent you!)*

**513-351-4098 at home**      **513-793-5300 at Wilson Art Store**      **berger3@fuse.net**

**Charlie Berger's Studio**      **6628 Afton Avenue, Cincinnati OH 45213**

2 miles south of Kenwood Town Centre in Kennedy Heights/Pleasant Ridge

---

**Is your child a "Quirky Learner"? Is your child challenged enough academically? See the Academy of Greater Cincinnati's website <http://www.academygc.org/> - The Academy is a school for uniquely gifted children & is accepting enrollments K-10.**

*We love it! Our daughter has really bloomed there.*

---

**I cut and pasted this out of the Women Writing for a Change E-zine --**

**Opportunity to Show / Buy / Art** I am looking for women artists in the WWfaC community who want to show their work on the walls of the Writing Hall. It's likely we will leave work up for a semester so we will change work in January and August. It is possible to list a price for your work with the understanding that a small portion of the selling price would be donated to WWfaC and of course, it is possible to show work which is not for sale.

Please contact **Claudia Cline** days at 513/723-3463 or email her at [claudia.cline@convergys.com](mailto:claudia.cline@convergys.com) Thank you. Claudia

---

### **Dyslexia Keys, The Learning Abilities Center.**

**Sandra Korn**, Licensed and Certified Davis Facilitator, works to transform Dyslexic thinking in both Children and Adults. Her work is based on the popular book, *The Gift of Dyslexia*. She regularly attains a 95% success rate in taking children and adults who struggle with reading, writing, mathematics and ADD, and transforms them into people who can conquer their learning challenges. Those who have completed the program and continue working with their newfound skills generally increase their grade point averages by two levels. In addition, most children who start the program below their grade level can and do achieve or surpass their grade level within weeks. Call Sandra at 779-9118 or email her at [DyslexiaKeys@msn.com](mailto:DyslexiaKeys@msn.com) for more information. **Tell her Marion sent you and receive a discount on the program.**

**Ask for details. Remember - Dyslexia is a Gift to be mastered.** (Sandra is a former Creative Catalysts facilitator. Her work makes a huge difference in the world!)

---

**Psychic Readings by Diann.** Learn more about your relationships, career, past lives, pets, loved ones who have passed on and more. Call 825-4633 for an appointment in person or by phone. Also available for parties.

**Diann offers readings at Creative Catalysts during the Essex Studios art walks.**

---

**Other services:** Feel free to visit [www.creativecatalysts.net](http://www.creativecatalysts.net) to discover our other services. **Creative Life Coaching, plus Reiki training and healing sessions** are ways to increase the velocity of proactive, positive change in your life. Ask about scheduling a complimentary coaching session. Email [marion@creativecatalysts.net](mailto:marion@creativecatalysts.net) for details!

**Remember, you deserve a life, too!**

---

### **Events & links:**

**Essex Studios Winter Art Walk: Saturday, February 11, 6-10 pm & Sunday, February 12, noon-4 pm.** We are proud to be participating once again in Cincinnati's Fine Arts Sampler Weekend. **If you would like to show your work as a non-resident artist**, contact Trent Heiman, 513/476-2170. \$50 is a small investment considering that over 350,000 copies of the Fine Arts Sampler brochure are distributed all over town! If we get good weather we get slammed with people. Even during the ice storm in 2003 we had a lot of folks! [Directions - 513/244-3375](http://www.essexstudios.com)

[WWW.TUT.com](http://WWW.TUT.com) - Check out these fun Totally Unique Thoughts from the Universe.

[www.whatthebleep.com](http://www.whatthebleep.com) - discover quantum physics via this interesting documentary. DVD will be available in March.

To view a great comic, follow this link: <http://www.comics.com/creators/ballardst/archive/ballardst-20050109.html>

---

**Small Print:** Copyright / Getting On and Off the List

Unless otherwise attributed, all material is written and edited by Marion Corbin-Mayer, MA.  
Copyright (c) Creative Catalysts. (r) 2004. All rights reserved. [www.creativecatalysts.net](http://www.creativecatalysts.net)

You may reprint material from "The Creative Catalyst(tm)" in other electronic or print publications provided the above copyright notice and a link to <http://www.creativecatalysts.net> is included in the credits. Please send me a copy of the publication.

You are welcomed to pass on this newsletter. When sharing, please keep copyright notice and information about contacting the author attached. My intent is to enrich your life, not clutter it. I send this free newsletter only to those who request it, and do not sell or share the mailing list. To subscribe, unsubscribe or change your address please email [marion@creativecatalysts.net](mailto:marion@creativecatalysts.net) or follow the links below.

Marion Corbin Mayer, MA - YOUR coach for creating what's next!

Creative Catalyst Studio Home for your inner artist! Offering unique courses, coaching & connections...

P.O. Box 26194 Cincinnati, OH 45226

[marion@creativecatalysts.net](mailto:marion@creativecatalysts.net)

[www.creativecatalysts.net](http://www.creativecatalysts.net)

*"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep." -Scott Adams*